

INTENTION-SETTING WORKSHEET

Intentions are powerful. You are more likely to reach your goals and live a fulfilling life when you are intentional with how you spend your time.

To get started, fill in your intentions for each area below. You can also write any next actions you'll take next to each intention. Review your intentions every month and update them as needed. Have fun!

SELF CARE + HEALTH: *What intentions can I set to treat, nurture, and rejuvenate myself?*

1,

2.

3.

PERSONAL GROWTH: *What would I like to learn? How would I like to grow?*

1,

2.

3.

FAMILY + FRIENDS: *What intentions can I set to help me feel more connected with friends + family?*

1,

2.

3.

PROFESSIONAL: *How would I like to grow in this area in the next 6-12 months?*

1,

2.

3.

FINANCIAL: *What intentions can I set to help me feel empowered and on-track with finances/money?*

1,

2.

3.

FUN + ADVENTURE *What fun adventures would I like to have before the end of the year? Commit to an activity or start planning your next trip!*

1,

2.

3.